Lesson 71 - Allergies, Hay Fever, And Other Chronic Diseases

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1. Introduction

An estimated 40 million Americans have hay fever. Another 9 million suffer from asthma; and between 10 and 20 million have had hives at one time or another. An unknown number have food allergies, reactions to insect stings or occupationally-related allergic disorders. Over 80 million people suffer allergies.

Scientists estimate that one in every three Americans will develop hay fever, asthma, hives or some other allergy at some point in their lives. These scientists say that they believe they will have the "cure" for allergies in perhaps five to ten years. While Hygienists have no "cures," allergy sufferers do not have to wait five to ten years to terminate their suffering. The purpose of this lesson is to enable sufferers to rather quickly overcome their problem. It will explain what to do so that allergy symptoms are never again experienced.

Scientists feel as though allergy is now one of the best understood conditions since they discovered the antibody-antigen theory. One might ask, if they understand this condition so well, why is it that one in every three continue to suffer from this disease under their care? Hygienists do not have allergies. The scientists further say that their treatments for allergies are far better than they have ever been and far more effective. How effective can their treatments be when not one of their patients ever regained their health from such treatment? When they are merely holding forth a hope of a "cure" five to ten years down the road? Scientists claim that they understand allergy is proven a lie by the fact they have no solution. It they understood allergy problems, they'd readily solve them as have Hygienists. Sufferers would be guided to a solution in a few days to a few weeks. This lesson presents a comprehensive solution, and any medic who understands less than this really understands nothing.

The medical community is constantly fighting against germs that "constantly wage war on human flesh." This is a completely false idea since germs or bacteria are a normal and integral part of the body and perform important and useful symbiotic functions. They do not attack us. Instead, bacterial flora work for the welfare of the body. Physicians explain that the "immune" system protects and guards against harmful foreign invaders. Allergies occur, they say, when this "immunological" defense system becomes overzealous and tries to protect us from things that don't actually harm us. Dr. Sheldon Spectner, a Los

Angeles allergy physician says, "When the immune system attacks and destroys a dangerous bacterium or virus, that's great; but when it attacks pollen, dog dander or chocolate ice cream, that's an allergy."

White blood cells do have the property to "engulf" and destroy spent cells, viruses, bacteria and other cellular constituents no longer useful to the organism. Unwholesome foods such as chocolate ice cream will eventually result in toxicosis that will soon create the need for an eliminative crisis which is termed "disease." Mucus, secreted due to toxicosis, will sensitize membranes linings, rendering them more sensitive to elements such as pollen, but the body does not turn against itself. The body always strives toward the welfare of the organism.

A recent newspaper article stated that as many as 4000 people die of asthma each year. This article further stated that nearly 200,000 hospitalized patients suffer allergic drug reactions annually and an additional 50,000 are put into the hospital because of drug reactions. As you can see, the "cure" is much worse than the "disease." Below is a quote from the same newspaper article: "Because allergens are basically harmless, why does the body react to them in such a way as to hurt itself?

"Scientists now think that the IgE antibody defense mechanism originally evolved to protect us from such parasites as hookworm. But, because parasites no longer are a problem for Americans and the peoples of other industrialized nations, the powerful IgE antibodies have turned their attention to pollen and other allergens, mistaking them for parasite-like enemies."

The above statement demonstrates ignorance of physiology and the body's innate wisdom. It is based on superstitious notions from primitive limes when it was believed that evil spirits were the cause of illnesses. Our faculties do not turn against us. If they did, every human and animal would demonstrate these symptoms as we all possess the same mechanisms within our bodies.

2. Allergies

Most people welcome spring and summer and look forward to these months as the best time of the year. To most people, the first signs of spring brings joy and anticipation of outdoor activities, beautiful spring flowers, the opportunity to garden and enjoy the fresh produce from their backyard. Some, however, dread this time of the year because they merely look forward to feeling miserable and sick until the leaves fall and winter has once again arrived. These people are said to be "allergic." They are sensitive to pollens, weeds, grasses, trees, dust, insects and assorted other things in our normal environment.

Typical symptoms include sneezing, wheezing, watery eyes, itchy eyelids and the like. Other symptoms may include redness and inflammation of the skin with itching and draining of fluid.

2.1 Disease Is Abnormal

All disease, whether it is a cold, flu, asthma or allergies, is abnormal. The body always strives to maintain a state of health which is normal. If the need arises, the body is capable of taking measures to maintain this state through the extraordinary elimination. To effect this, the body institutes a healing crisis which we call illness or disease.

When toxic waste products and toxic *ingesta* accumulate in the tissues beyond the body's toleration point, an effort will be made to expel them through various channels. These channels are the skin, lungs, mucous membranes, bowels; kidneys; etc. Individuals who are said to be "allergic" are experiencing a perpetual "healing crisis" by way of the mucous membranes of the nose, throat, bronchi or through the skin. The toxins being voided via this route sensitize these organs so that pollens, dust, hairs, etc.,

initiate a defensive reaction such as sneezing, runny nose, etc. The pollen is thus not a primary cause but an exacerbating factor.

2.2 Only Some People Are Sensitive

Does it make sense that people should be "allergic" to things in their normal environment? If pollen, trees, flowers, ragweed, grasses, etc., are poisonous, should not everyone be affected? These items are part of our environment, and we live symbiotically with all plant life and its effluvia. Plants are not something for us to avoid and dread but to enjoy and appreciate for their beauty and usefulness. We also live in harmony with animal life.

During the summer months, the "allergic" individual often seals himself indoors and attempts to remove himself from the substances to which he is sensitive. However, instead of searching out the items to which a person may be sensitive, attempts should be made to discover the reason for this abnormal sensitivity.

2.3 Antibody-Antigen Theory

The development of the antibody-antigen theory was presumed primarily on the idea that bacteria and "viruses" cause disease and that we must somehow create "immunity" from the "invasion" of these agents. The antibody-antigen theory also gave the scientists a basis for the practice of vaccination.

According to the generally accepted medical theory, the "immune" response resists invasion by infectious microorganisms. Two "immune" systems are distinguished; in each a different population of lymphocytes is activated and a different agent combats the invasion. In one, the B-cell system, the response is mediated by proteins, called antibodies. In the other, the T-cell system, the response is mediated by specialized cells sensitized to foreign substances. The B-cell system is said to be most effective against acute bacterial "infections," such as those caused by streptococci, pneumococci, and some "influenza" bacilli and meningococci, and against "viral reinfections." The T-cell system is most active in combating "viruses," fungi and bacteria causing chronic "infections." This theory is misleading.

Disease is the consequence of an accumulation of toxic materials in the tissues due to unhealthful living. We cannot make ourselves immune to such consequences while we still persist in unhealthful living habits. The body initiates the disease (healing) process to eliminate toxins in order to preserve health. There is no "immunity" against this healing process. Also, bacteria and viruses do not cause disease. As explained, disease is a vital process of healing and bacteria have a role to perform in this process. They act as scavengers cleaning up toxic debris and as soon as their role is completed, their, numbers will decline. For this reason, they are associated with disease processes, but are not its cause. They no more cause disease than flies cause garbage. "Viruses" are cellular debris—they are the genetic material from dead cells. As dead material, viruses are toxic and pathogenic but not malevolent.

The entire theory of antibody-antigen is based on false ideas concerning the nature of disease. It is said that both B- and T-cells are lymphocytes and are produced in the red bone marrow and thymus gland. These cells are said to be found in the lymph, the bloodstream, and lymphoid tissue, which constitute the bulk of lymphoid organs. Lymphocytes are white blood cells which are present in the blood of all healthy individuals. Like all white blood cells, they perform important defensive functions, however, creating "immunity" to body-initiated disease is not one of their functions.

The triggering agents of the so-called immune response are called antigens. Antigens are said to provoke rapid cell division, with the formation of distinct clones (colonies of cells arising from a single parent cell) in lymphoid tissue. The cells thus produced by successive cell division are said to become more and more specialized. The end result of B-cell proliferation is the formation of cells, called plasma cells, that manufacture identical antibodies constructed to combine selectively with the triggering antigen.

It is thought that if a person was inoculated with a specific antigen, production of antibodies would

occur to build up "immunity" against that particular antigen. This is the theory behind vaccinations. However, there is a wealth of documented evidence that many more deaths resulted from the vaccines themselves than from the diseases they were supposed to prevent. Vaccines are composed of poisonous materials and are always harmful when injected into the bloodstream. Also, with the knowledge of the true nature of disease and the need for this healing process, it makes the vaccination theory even more invalid.

Since antibodies are proteins classified as globulins and are said to have immunological properties, they are called immunoglobins. There are supposed to be five classes of immunoglobulins but the so-called IgE is the most common. IgE antibodies are called reagins; antigens that react with IgE are called allergens. When allergens enter the body and react with reagins which are affixed to mast cells, the mast cells rupture and release massive amounts of histamine and other substances. This reaction is said to be the cause of the symptoms of allergic reactions such as the swelling in the nasal passages with hay fever and in the skin with hives.

Histamine is a substance secreted as a normal part of the inflammatory reaction which is part of a healing process. This substance is kept in proper balance by the body's homeostatic controls. When too much histamine is present (in the body, a substance called histaminase will be released to reduce the amount of histamine in the blood or tissues.

The entire concept of the antibody-antigen reaction was created on erroneous concepts of the germ theory, immunity and vaccinations. It is not valid as you'll see.

2.4 Underlying Cause of Allergies

It is more important to know what makes one sensitive than to know what he is sensitive to. Most allergy sufferers have chronic catarrh and have had it for many years, even before manifesting signs of sensitivity. Even after the "allergy season" has past they still suffer from catarrh and experience frequent colds during the winter.

What caused the chronic need for the body to eliminate its toxins in this manner? The causes may be many but basically it is unhealthful living that creates the problem. Overeating or eating in unsuitable combinations, lack of exercise, impure drinking water, living in unventilated houses or working and living in smoke-filled rooms, lack of sleep and rest or stress and emotional upsets may be the underlying factors in the development of catarrh in the mucous membranes, resulting in sensitivity to certain irritants. The lining of the membranes become inflamed and very sensitive to irritation. Inflammation that renders the membrane abnormally sensitive to the normal elements of man's environment.

Inflammation is a symptom of healing and if causes are removed, healing will be swiftly completed. If a person continues to live healthfully thereafter, there will be no further need for the disease (healing) process.

2.5 What Not To Do

Many allergy sufferers are given anti-inflammatory drugs to suppress the uncomfortable symptoms that they are experiencing. Cortisone is one drug often prescribed and most often given, through injection, by the physician. At best, cortisone only reduces the symptoms for a brief length of time after which symptoms reappear and another injection is given. Much harm is done through this poisonous practice.

When hormones are injected into the body from without, the body's delicate balance of action and reaction to maintain homeostasis is disrupted. Anti-inflammatory corticoids include cortisol and cortisone which are secreted by the adrenal glands that are located on top of each kidney. Normally these hormones are secreted when a messenger lets them know that they are needed. This messenger is called ACTH (adrenocorticotrophic hormone) which is secreted by the pituitary gland. The adrenals can also produce pro-inflammatory corticoids; but this is regulated by a variety of complex factors, among which

ACTH plays only a minor role compared to renal blood pressure regulators and electrolytes.

By changing the proportion between pro- and anti-inflammatory stimuli, the body can regulate inflammation in response to local injury.

All other outside agents such as antihistamines, decongestants, etc., are harmful and suppress (depress) the healing ability of the body. Inasmuch as they do not remove the causes of allergy, there can be no correction.

3. Bronchial Asthma

Bronchial asthma is defined as "a disease marked by difficulty in breathing, coughing, and a sense of constriction, due to bronchial spasm and a swelling of the bronchial mucous membrane." Asthma can occur secondarily to a variety of stimuli. Mechanisms responsible for attacks of wheezing may be an imbalance of adrenal hormones or poor nerve control of airway diameter. These imbalances do not occur in a healthy individual but usually occur after drug therapy or other unhealthful practices.

Persons whose asthma is preceded by exposure to airborne pollens and molds, house dust or animal danders are said to have allergic asthma.

3.1 Symptoms

Individuals with asthma differ greatly in the frequency and degree of their symptoms. Some have only an occasional episode, mild in degree and of brief duration. Others have mild coughing and wheezing much of the time punctuated by severe increase of symptoms following exposure to known allergens, exercise or other irritants.

An asthma attack may begin suddenly with episodes of wheezing, coughing, and shortness of breath, or slowly with increasing symptoms and signs of respiratory distress. In either case, the patient usually first notices the onset of lack of breath, rapid breathing, coughing, and tightness or pressure in the chest, and may even notice audible wheezes. All of this may subside quickly or persist for hours to days.

3.2 Treatment

The usual medical approach for the treatment of bronchial asthma is to attempt to identify and control the environmental irritants. This is followed by drug therapy. Frequently used drugs include epinephrine, isoproterenol, ephedrine and corticosteroids, among others.

These drugs should never be used; they result in enervation and poisoning of all the organs, especially the central nervous system, and result in some measure of damage and disorder to every organ of the body. Among all the deadly drugs, some of the worst include the above named hormone-derived drugs. The notion of "cures" is an illusion. The only healing that can be experienced comes from within. Only the body possesses this capability. To realize healing the body merely has to be given a chance to perform its normal functions without interference.

Little good will be achieved by searching for the various irritating environmental agents if the source of the sensitivity is not eliminated. If we continue to build a state of toxicosis, the need for disease will always remain with us.

3.3 Cause of Asthma

According to medical writers, the cause of asthma is "hypersensitivity," and they divide this sensitivity into two classes: (1) Those sensitive to ingested substances such as oysters, meat, eggs, etc., and (2) Those sensitive to air-carried irritants—pollens, emanations from horses, cats, dogs, feathers, dust, etc.

According to Dr. Shelton, this protein hypersensitivity or allergy is merely another name for protein poisoning, that is, overconsumption of protein foods in those of a neurotic diathesis.

The immediate cause of the bronchial spasm, according to Dr. Shelton, is an irritation of the nerve endings of the vagus nerve which supplies the bronchi. Drugs, some foods, gas and indigestion, occasion reflex irritation of the nerve endings in the bronchi and bring on a paroxysm of asthma.

Breathing cold air, dust, pollens, gasses, foul odors, and other such things, produces a direct irritation of nerve endings in the lungs and brings on the symptoms.

If water, irritating foods, drugs, pollens and other things which are in our normal environment were the primary or direct causes of asthma, everyone would be afflicted with this condition. The underlying cause of asthma is that which sensitizes the nerves and the bronchial membranes.

The underlying cause of bronchial asthma is a state of toxicosis. If asthmatics were not enervated and their tissues were not saturated with toxins, there would be no hypersensitivity. All asthmatics have a chronic catarrhal condition. Those individuals with a neurotic diathesis will have asthma, while other individuals may develop colds or flu or other eliminative symptoms.

Asthma is brought on by overeating wrong foods or wrong combinations of foods or by other enervating indulgences which are wrong. The body's eliminative abilities are taxed beyond its capacities, and toxins build up in the blood and tissues.

In asthmatics, the finer bronchial tubes and the air cells of the lungs contract, and air entry into the lungs is severely reduced. The entire volume of blood cannot be sufficiently oxygenated and purified. Palliative treatment in the form of drugs only adds to the enervation and toxicosis while the underlying cause is not corrected.

When the underlying toxic condition is eliminated, all forms of sensitization disappear. When the asthmatic gets rid of toxemia, he automatically rids himself of all sensitivity to dogs, cats, horses, pollen, dust, etc.

4. Eczema

Eczema is a chronic form of dermatitis (inflammation of the skin). The skin becomes red, and fluid-filled pimples, called vesicles, may form, or crusts and scales may develop on the skin surface. Usually the area itches. Scratching the skin destroys the pimples or removes the crusts and scales. For this reason, the appearance of the area changes.

Doctors believe eczema is usually a form of allergy that results from extreme sensitivity to some substance. The substance may be in something the person eats, or it may be found in his surroundings.

Some of the more common substances which are said to cause eczema are plants and trees, citrus fruits and onions, chemicals, medications, cosmetics, household detergents and polishes; and a number of fabrics including wool, silk, synthetic fibers, leather, fur, and dyed goods.

Contact dermatitis may be caused by a primary chemical irritant or may be what the physicians describe

as "delayed hypersensitivity reaction."

Direct irritants may damage normal skin or irritate an existing dermatitis. Weak or marginal irritants, such as soap, may take several days of exposure to cause visually recognizable changes. Many soaps, deodorants, detergents, etc., contain harsh chemicals which are poisonous and may be absorbed through the skin. The body recognizes these poisons and tries to stop them from entering the system by initiating an inflammation response to local and "encapsulate" these poisons. Strong irritants, such as acids and alkalis, cause observable changes within a few minutes. These actually cause direct damage to the skin and the inflammatory response is immediate.

Medications, cosmetics, household cleaners, etc., all contain poisonous substances which are rejected and eliminated by the body. In certain individuals, this elimination occurs through the skin in the form of eczema. The wisest thing to do is simply not to use these toxic chemicals. Cosmetics are not needed as the skin of the healthy individual has a beautiful color which cannot be enhanced by cosmetics. Care should be taken in choosing household cleaners. Use only those which do not have harmful ingredients. Shakley's Basic H is quite good.

Allergic contact dermatitis is also said to be due to delayed hypersensitivity and requires a latent period ranging from five to six days to years between the time of first exposure and re-exposure that preceded that dermatitis.

Topical medications most often used include antibiotics, antihistamines, anesthetics, antiseptics and stabilizers. These are poisons and result in toxicosis. The reason that the symptoms of eczema do not appear immediately is that these toxins are often stored in the tissues and accumulate there until a saturation point is reached. At this point, the body initiates a "housecleaning" and begins to eliminate these toxins, and the skin is one route taken. At this time, eczema appears. It has really nothing to do with being "allergic." These toxins are eliminated through the skin in some individuals; in others the route would be elsewhere and termed a different disease.

Avoid toxin-building practices, and the need for eczema will not exist. It has been contended that eczema is also due to allergic reactions to normal elements in our environment, and is associated with the presence of IgE antibodies and peripheral eosinophilia. First of all, the underlying cause of eczema is the same—toxicosis. Secondly, the presence of numerous white blood cells including lymphocytes and eosinophils indicates that an inflammatory response is in progress and healing is taking place. All we must do is to allow the healing to take place and not add any further toxins to impair the body.

Hypersensitivity to wholesome foods, such as citrus fruits, is always due to a state of toxicosis and steps should be made to remove the need for eczema through a more healthful lifestyle.

5. Hives

Acute hives is generally recognized among the medical community as an antibody-antigen reaction limited to the skin and subcutaneous tissue. It is often due to drug allergy, insect stings or bites, desensitization injections, or ingestion of certain foods, especially eggs and shellfish, some food reactions occur explosively following ingestion of only minute amounts. Others may occur only after over-indulgences.

It is thought by many physicians that hives may accompany, or even be the first symptom of, several "viral infections," including hepatitis, "infectious" mononucleosis and rubella. However, such diseases only follow hives after, they have been suppressed by drugs and the body finds other outlets for its toxin

load. The secondary diseases are worse, as more toxins have accumulated and vital energy has been lowered through treatments. Chronic hives is due to the use of drugs, preservatives, dyes or other food additives which have overtaxed the body and resulted in chronic toxicosis.

5.1 Symptoms

In hives, severe itching is followed shortly by the appearance of wheals that may remain small or may enlarge. The larger ones tend to clear in the center and may be noticed first as large rings of redness and edema. Ordinarly, crops of hives come and go. A lesion may remain in one site for several hours, then may disappear, only to reappear elsewhere.

Hives may occur following drug treatment or after ingesting unwholesome foods such as eggs or shellfish. These agents possess toxic substances which the body must eliminate in order to preserve life. In some individuals, this elimination occurs through the skin in the manner called hives. This again, is a healing crisis—one which we should cooperate with and never meddle with. In a more chronic form, this skin "disease" is due to toxicosis which has built up over a period of time due to unhealthful living habits.

Often the symptoms may occur after an emotional upset, but this is not the primary cause. An emotional disturbance will not elicit hives in a healthy individual. Toxicosis must be present in order for this skin reaction to occur.

This inflammatory reaction is associated with a number of white blood cells which are a part of all inflammatory processes. They are a part of healing and not "turning against the body" as is said. This is a false idea—the body does not turn against itself but always strives toward what is best for the body as a whole.

5.2 Chemicals and Processed Foods

Many people demonstrate symptoms of hives after ingesting foods containing chemical additives. This is especially true of people who have hives nearly all the time. In a study at the University of Uppsala, Sweden, persons who had frequent cases of hives were tested with various substances. Half of them had adverse reactions to food dyes and preservatives in amounts that could easily be present in the conventional daily diet. Most of those who were hypersensitive to dyes and preservatives also reacted to aspirin.

The chemicals which are added to processed foods are poisons. Those people who showed symptoms of hives were eliminating these poisons through the skin. Others will eliminate these poisons through other means and a healing crisis will be in the form of a cold or flu or something else. Processed foods, whether they have chemical additives or not, will result in toxicosis when ingested.

They are unbalanced and most, if not all, of their valuable nutrients have been destroyed. You should certainly not partake of processed foods.

The symptoms of hives should not be suppressed through ointments or by any other means. We should, instead, remove the need for this disease by avoiding all processed foods and drugs and by obeying the laws of health.

6. Gastrointestinal Allergy (Food Allergy)

Food allergy is defined in the medical textbooks as "an uncommon symptom complex due to ingestion of specific food or drug allergens, manifested by nausea, vomiting, crampy abdominal pain, and diarrhea." According to *The Merck Manual*, gastrointestinal symptoms from food are often secondary to digestive enzyme defects as in celiac disease and disaccharidase deficiency.

Celiac disease is intestinal malabsorption characterized by diarrhea, malnutrition, a bleeding tendency and low calcium in the blood. The presence of this disease is just another symptom of toxicosis and an enervated state of the body. When the need for this "disease" is eliminated by the body, this condition will be corrected along with allergy symptoms.

Disaccharides are complex carbohydrates which must be broken down into two monosaccharides in order to be absorbed. This is accomplished by certain enzymes which are always present in healthy individuals. If a person is enervated and toxic, bodily functions are impaired and malabsorption may occur. If we remove the causes, the body will heal.

6.1 Symptoms

The severe but rare acute reactions to food are characterized by nausea, vomiting, diarrhea and violent abdominal pains. Less severe reactions—chronic crampy pain, diarrhea and, Often, skin rash—are more common.

These are typical signs of not only food poisoning but any kind of poisoning where the body rejects this substance to protect its integrity.

6.2 Normal Digestion Entails Neither Indigestion Nor Allergy

Such affections as hay fever, asthma, eczema, certain cases of sinusitis, headache and other troubles are often attributed to food allergy. These symptoms indicate acute eliminative response involving a great tax upon the body and requiring the cooperative efforts of several organs. The chief concern is not with the character of the reaction but with the causes of the need for the reaction.

Dr. Shelton points out that if undigested proteins are injected into the body, they produce disease, while the same protein taken into the bloodstream after thorough digestion produces no trouble. He concludes that food allergy is due to failure of the digestive system to properly prepare the food for introduction into the blood. This failure may be due to the following reasons:

1. Weakness of the digestive function. Putrefactive bacteria in the intestinal tract decompose proteins and form toxic substances which may be absorbed. Toxicosis is present in all cases of allergy.
2. Unfitness of certain types of protein food for assimilative purposes. Many of the proteins of our conventional diet require a large amount of breaking down by the digestive juices, a task often beyond their powers. It taxes the strongest powers of digestion to deal, with the highly-complex animal albumens—the more complex these are, the more tax they place upon the organism. Allergy has never been observed as the result of a fruitarian diet.
3. Food taken in excess of the normal capacity of the digestive enzymes. All allergies result from a long-standing poisoning of the body by protein excess.
4. Foods taken under physical or psychological stress will not be digested properly. Wrong combinations of food, work, fatigue, fever, pain, fear, worry, anxiety and other emotional factors inhibit the digestive functions.
5. Proteins, if cooked, coagulate and do not digest. Their subsequent putrefaction results in many

toxic byproducts.

Hygienists know that protein allergy is the outgrowth of toxicosis. An impairment of the nervous system due to toxicosis results in impaired digestion, checked elimination and a derangement of all of the nutritive and defensive faculties of the body.

Many of the organs of the body produce a substance called histaminase, which serves to neutralize histamine, thus defending the body against its influence. Any derangement of the nervous system and any general toxic state will result in the inability of the various organs and tissues to produce the neutralizing substances necessary to counteract the poisons entering the body from the digestive tract. Allergy is impossible in the healthy individual.

6.3 How Not to Create Food Allergies

In order not to have food allergies, you should take these simple measures:

1. Restore and maintain the efficiency of the digestive system. This can best be done by giving the digestive tract a thorough rest through a fast. After that, healthful living will maintain efficiency.
2. Eat only such protein foods to which we are biologically adapted. This would consist of the proteins found in fruits, vegetables, nuts and seeds.
3. Do not consume proteins in excess of digestive capacity. When nuts or seeds are eaten, they should be limited to a maximum of 4 ounces per day. We can do very well on less than this, however.
4. Eat all foods in proper combinations and under such physical and emotional conditions that will not inhibit digestion.

7. Allergy And Hyperactivity In Children

7.1 History

As early as 1908, reports were published in medical literature stating that some children were noted to be fretful, irritable, restless and unable to sleep if they ate certain foods. It was wondered if some children had an allergy that affected their brain or nervous system rather than the lungs as in asthma or the nose as in hay fever. Early investigators often described some children as being extremely tired or fatigued rather than overactive. Sometimes the same child was too tired at certain times and too hyperactive at other times. Others noted that foods seemed to change some children's behavior so that they acted depressed, hostile or irritable. As the years passed, it was observed that pollens, dust, molds and certain odors such as perfumes could cause similar reactions in some patients.

In 1930, Albert Rowe described a condition which he called "food toxemia." In a book entitled *Food Allergy*, he and his son recounted numerous patients who had drowsiness, irritability, fatigue, weakness, slowness and inability to behave. He devised very strict diets that appeared to help many patients who had typical forms of allergy, as well as nervous-system problems. Dr. Rowe firmly believed that foods, as well as pollens and dust, could contribute to psychological and nervous-system problems in some patients.

During the 1940s and 1950s more and more reports described similar patients. Dr. Theron Randolph

described "allergic fatigue." He stressed that, at times, affected children and adults acted normal, but after eating certain foods or being exposed to offending odors or chemical substances, their behavior became distinctly abnormal. Some became very tired, others hyperactive. He noted affected individuals often had a rather pale face but were not anemic, and had swelling and black circles under their eyes.

In 1975, Dr. Ben F. Feingold of San Francisco wrote a book entitled *Why Your Child Is Hyperactive*, which was publicized quickly throughout the nation. In this book, he states that he believes hyperactivity is mainly due to artificial food coloring, artificial flavors, and salicylates.

Hygienists know that foods do not have the property to act upon the body. However, unwholesome foods such as those which are highly processed and contaminated with chemicals can intoxicate the body. In certain individuals who are prone to nervous conditions, the accumulation of these toxins could result in hyperactivity and other abnormal behavior. In these individuals, the brain and nervous systems demonstrate the effects of unhealthful living.

7.2 Symptoms

In her book, *Allergies and the Hyperactive Child*, Dr. Doris J. Rapp describes the symptoms of children who are considered to be allergic and have a central nervous system diathesis.

Nervous System Symptoms

1. Hyperactive, wild, unrestrained
2. Talkative (explosive, stuttering, constant)
3. Inattentive, disruptive, impulsive
4. Short attention span
5. Restless legs, finger tapping
6. Clumsiness, incoordination, tremor
7. Insomnia, nightmares, inability to fall asleep
8. Nervous, irritable, upset, short-tempered
9. High-strung, excitable, agitated
10. Moody, tired, weak, weary, exhausted, listless, depressed
11. Easily moved to tears, easily hurt
12. Highly sensitive to odor, light, sound, pain, and cold

Other Physiological Symptoms

1. Nose: year-round stuffiness, watery nose, sneezing, nose rubbing
2. Aches: head, back, neck, muscles, or joints, or aches unrelated to exercise
3. Stomach problems: stomach aches, nausea, upset stomach, bloating, bad breath, gassy stomach, belching, vomiting, diarrhea, constipation
4. Bladder problems: wetting pants in daytime or in bed, need to rush to urinate, burning or pain with urination
5. Face: pale, dark eye circles, puffiness below eyes
6. Glands: swelling of lymph nodes of neck
7. Ear problems: repeated formation of fluid behind eardrums, ringing ears, dizziness
8. Excessive perspiration
9. Low-grade fever

The above symptoms are all indications of toxicosis. Clearly, the body is attempting to eliminate toxins through the many and varied channels that it has for this purpose. Toxins are thus eliminated through the mucous membranes of the nose, through the urine via the kidneys, through the glands, etc. Indigestion from eating wrong foods results in pain, nausea, and other symptoms listed.

7.3 Determining the Cause

Great effort is made to determine what foods these children are allergic to. Finding these individual foods does not remedy the problem if the underlying cause still persists.

Dr. Rapp suggests going through a certain procedure to determine which foods are causing the adverse reactions. Once this is determined, this food is diluted into homeopathic doses, and given back to the child with an eye-dropper under his tongue. One drop is usually given. The child is then allowed to eat the food he was allergic to without restriction. This procedure cannot restore health.

All children who demonstrate food "allergies" have a history of consuming large amounts of junk foods: highly-processed food such as potato chips, salty french fries, candy, cakes, soda pop, etc. These foods quickly contribute to a toxic condition and the body must eliminate them in order to maintain balance.

The foods to which Dr. Rapp found most children "allergic" include milk, wheat, sugar, eggs, chocolate and food dyes. All of these foods contain toxic properties and will result in toxicosis in everyone who consumes them. Some children with neurotic diathesis become hyperactive, others may develop colds, others may develop asthma or tonsilitis or something else.

Mother's breast milk is the perfect food for babies, but after weaning they don't need it, *especially* not cow's milk. We lose the ability to properly digest milk because of the lack of the enzyme lactase to convert the lactose in in milk to glucose and galactose. Improperly-digested milk ferments in the stomach and contributes to toxicosis.

Wheat is a highly acid-forming product. It is almost always ground into flour, made into bread and pastries and combined with other unwholesome and incompatible substances.

We all know sugar is bad for us. It is a highly-refined product totally without nutrients and therefore *depletes* needed minerals from our bones and tissues. It is one of the main causes of many degenerative diseases such as osteoporosis, arthritis, heart disease, diabetes, hypoglycemia and others.

Eggs are hard to digest, have a high-cholesterol level. and contain many toxic elements including avidin which binds biotin, (a B-vitamin) and makes it unavailable for use within the body.

Chocolate and cocoa interfere with calcium assimilation in the body and contain theobromine which has the same bad effects as caffeine. Food dyes are poisons and should never be consumed. All of the aforementioned foods are harmful to everyone and should never be eaten. It is therefore useless to try to determine which is the worst offender. They are all bad.

7.4 Finding the Cause Behind the Cause

While living near Buffalo, New York, I attended a lecture given by Dr. Doris Rapp on "Hyperactivity in Children." During the lecture, she showed movies of children who were under her care and who demonstrated severe reactions to certain foods. One child was shown calmly playing with some toys in her office. He was then given a slice of "Wonder Bread" and was instructed to eat the entire slice. Before the child had it half eaten, he started throwing "temper tantrums"—crying, whining, etc. He would throw things across the room and, at one point, he tried to hit his mother and was apparently almost entirely out of control.

What would cause such a sudden change in behavior. The food had not even had time to begin digestion and enter into the bloodstream. Why would the child exhibit such behavior, when another child would not, after eating the same food?

This child's body was in such a toxic condition and his nervous system and brain had become so sensitized, that an immediate severe reaction took place as soon as the exciting agent entered the body. What caused this toxic condition? This is where we get to the underlying reason for this child's "allergy." The primary cause is unhealthful living—wrong food is usually a major consideration. No child who eats only fresh fruits, vegetables, nuts and seeds in their raw and unadulterated form will demonstrate

such abnormal behavior. In addition to this, it is important that all of the other conditions for health are met. These are proper rest and sleep, exercise, sunshine, fresh air and pure water. When these conditions are met, the body will heal and maintain a healthy state.

8. Hay Fever

Hey fever is a chronic catarrhal inflammation of the mucous membrane (Schneiderian membrane) of the nose often involving the lining membrane of the eyes, throat, pharynx, larynx and bronchial tubes. The catarrh is continue us but is particularly subject to increase in severity of symptoms in the months of May, June, July and August.

According to *The Merck Manual*, hay fever is generally induced by wind-borne pollens. The spring type is said to he due to tree pollens (e.g., oak, elm, maple, alder, birch, cotton wood); the summer type is due to grass pollens (e.g., sheep sorrel, English plantain); the fall type is due to weed pollens (eg., ragweed). Occasionally, hay fever is said to be due to airborne fungus spores. Geographic differences are said to have an effect.

These agents are only exciting causes which, when they come in contact with overly-sensitive mucous membranes of the nose, occasion irritation with profuse drainage, runny nose, etc. Changing location and climate will not eliminate the sensitivity even though the exciting cause has been avoided. Health has not been restored since the underlying cause of the sensitivity has not been dealt with.

8.1 Symptoms

The nose, roof of the mouth, pharynx and eyes begin to itch gradually or abruptly after the onset of pollen season. Secretion of tears, sneezing and clear, watery nasal discharge accompany or soon follow the severe itching. Frontal headaches, irritability, loss of appetite, depression and insomnia may appear. The mucous membrane which lines the eyelid is involved, and the nasal mucous membranes are swollen and bluish red. Coughing and asthmatic wheezing may develop as the season progresses. Many eosinophils are present in the nasal mucus during the season.

8.2 Eosinophil Cells

Eosinophil cells are somewhat larger white blood cells, and have received their name because they stain very easily with a dye called eosin. This coloring agent is frequently used for histologic studies to make cells more visible under the microscope. The function of the eosinophils is also still debated, but they seem to be related to inflammatory reactions, as seen in allergy, because their number increases remarkably when a person suffers from asthma, hay fever or similar conditions.

Scientists have found that the presence of pro-inflammatory corticoid hormones in the blood is accompanied by increase in eosinophil cells, and the presence of anti-inflammatory corticoides are associated with relative absence of eosinophils. These cells play an important part in this inflammatory process, which is a healing process. Increase of these cells during "disease" is a positive sign that healing is taking place.

8.3 Treatment

The usual treatment which is given by most physicians involves the employment of various drugs. The

most widely-used ones include antihistamines, decongestants, epinephrine and corticosteroid treatments.

All of these drugs are poisonous. They contribute to enervation and add toxins to the body. They also interfere with many physiologic homeostatic mechanisms which result in impaired health of all bodily organs. They never have any beneficial effects and cannot play any role in healing.

The ideal treatment is no treatment at all. If the body is given the proper conditions, healing will be carried on uninterrupted and health will be restored. When the underlying cause of hay fever is removed, these symptoms will not reoccur.

8.4 Causes

Although it is true that dust, pollen, emanations from horses, cats, dogs, birds, etc., and even cold air, will occasion more suffering, this does not prove them to be causes of hay fever. Anything that irritates a sensitive mucous membrane occasions a rush of blood to the point of irritation and the pouring out of an exudation to flush way the irritant.

The mistake is made to consider normal elements in our environment such as pollen or dust as *causes* of hay fever. It this were true, we would all exhibit these symptoms. The basic cause is that which gave rise to the sensitization of the membranes that are not normally sensitive to these triggering factors.

Two people may have catarrh and one develops hay fever and one does not. Both of the individuals are highly toxic, but the one who develops hay fever is subject to nervous problems.

Hay fever rests on a basis of enervation and toxemia. Enervating habits render the individual highly toxic due to inhibition of full and normal elimination within the body of normal body wastes. When the toxic accumulation reaches the saturation point, certain areas of mucous membranes are called upon to do various duties in excreting these toxins. When this condition becomes chronic, symptoms of hay fever become evident.

9. What To Do If You Have Symptoms Of Allergies

We know that the underlying cause of allergies is toxicosis. If the body did not need to eliminate this toxic material, there would be no allergic symptoms. It is the body's way of preserving health and healing.

The most efficient and quickest way to eliminate these toxins is through the fast. This means a total fast where no food is taken and only water is drunk according to thirst. The length of the fast depends upon the individual and his or her state of ill health. It is wise to consult with a Hygienic professional if it is your first fast. He will advise you how long to fast, how to conduct the fast, how to break the fast, etc.

After you have fasted and eliminated much toxic matter, you must then live in such a way so as to not create the need for "disease" again. This can simply be achieved by following all of the conditions for health outlined in the previous lessons.

10. Questions & Answers

I suffer from eczema, and my hands and arms are very itchy and red with fluid oozing from certain places. Is there anything I can do for this discomfort while I am changing to a more healthful lifestyle?

> The fluid coming from the skin eruption is of an acid nature which results in itching and burning on the skin. You could wash those areas with distilled water to remove some of the fluid. Until these toxins are eliminated, this condition will persist; but do not suppress these symptoms. The body will heal, and soon the skin will again be smooth. A few days fast should speed up this healing crisis.

I began a more healthful program and changed my diet to all raw fruits, vegetables, nuts, and seeds. In a few days, my allergy symptoms got worse. What am I doing wrong?

> You are not doing anything wrong. This may sound strange but it is a good sign for the symptoms to intensify. This indicates increased vitality and a more aggressive effort to *eliminate* accumulated toxins. This is a healing process. Do not worry, but be patient. Your symptoms will soon subside if you persist with your healthier regime, and you will feel much better than before the symptoms began.

I have a child who is hyperactive and it was determined that he is allergic to all citrus fruits. Why would he be allergic to such natural foods as oranges or grapefruit?

> He has a very toxic condition, but his body will normalize when given a chance. Meanwhile, there are plenty of other fruits and vegetables he can eat. Keep him on an all-raw diet of fruits, vegetables, nuts and seeds; but for the time being, eliminate the citrus fruits. After a few months, you can gradually add some fruits to his diet as long as they are fully ripe. I believe that he will react favorably.

I have asthma, and every time I try to do any vigorous exercises I have an "attack" and have to stop. Since exercise is a part of the healthful living regime, how can I attain health without this important aspect of the program?

> You must take first things first. My advice would be to go on a fast in order to eliminate some of the toxic buildup in your body. After the fast, adhere strictly to an all-raw Hygienic diet, and then gradually build up to a vigorous exercise program. This must be done slowly, so you must be patient. Do not exercise to the point of exhaustion as this will do more harm than good. You should feel invigorated and energetic after exercising. Just take it easy, and the rewards will come in increased vigor and health.

Article #1: Hay Fever and Asthma by Dr. Robert Gross

The term "allergy" denotes that the allergic person reacts to contact—either through the mouth, nose or skin—with certain substances in a way that is different from the response of normal people. It is said

that his body tissues have greater sensitivity than those of nonallergics. When he is exposed to offending allergens, his "changed reaction" reveals itself in characteristic symptoms—red eyes, running nose, rashes, headaches, of abdominal distress. To most people, a plate of strawberries or tomatoes is an innocent and delicious repast. Yet in certain men, women and even small babies, these foods cause a severe rash, swollen eyes or an asthmatic attack. It is considered that these people are otherwise healthy, energetic folk, but in the language of the day, "allergic to strawberries or tomatoes." The term "allergy" is a catch-all term which is now generally used to describe the cause of all symptoms whose existence otherwise baffles the practitioners. It has been said that many individuals are "allergic" to their own bodies and hence get sick because of this.

There are no essential differences between hay fever and asthma; in the one, hay fever, the nasal portion of the respiratory tract is affected; in the other, the bronchi (air tubes) are affected. In many instances, both are affected. Hay fever is inaccurately named, for the condition is not caused by hay and there is no fever. Its well-known symptoms—itching eyes, nose and roof of mouth; nasal obstruction; paroxysms of sneezing; inflamed eyes; and a watery discharge are "triggered'" by the airborne pollens of various plants, especially ragweed and grasses. Molds, dust, particularly house dust; hair of dogs, cats, horses and cows; feathers of chickens, ducks, and geese: and orris root, the base of almost all cosmetic powders, are other triggering agents.

Asthma is labored breathing occurring in paroxysms upon expiration and is accompanied by wheezing, coughing, slow respiration, sweating, blueness of skin (cyanosis) and coldness of extremities. The muscular coats of the bronchi become spastic (tightened and contracted) and occlude the lumen (bore) or the air tubes thus causing difficulty in expiration. These acute paroxysms occur at varying intervals and degrees of severity. Night "attacks'" are common. The "attack" may last only for minutes, or it may continue for many hours or days. Between "attacks" the patient is seemingly quite well.

The medical profession believes that the fundamental cause of allergy is the powerful body chemical, histamine; this is the trigger that supposedly touches off the allergic attack. Irritated by offending pollen or food, histamine, it is said, lights the fuse for an explosion of sneezing, wheezing, coughing or itching. The profession has not yet found an explanation of why certain people become hypersensitive to certain irritants. It is believed that this reaction is due to some defect in the allergic person's tissues which cause the production of too much histamine when in contact with allergenic substances.

Despite the use of anti-histamines, adrenalin, nasal sprays, injections and drops, ephedrine, A.C.T.H., cortisone, inoculations and "patch tests," "allergies" are growing increasingly wider in scope and more aggravating symptomatically.

These drugs are complicating the symptoms, causing chronicity and precipitating the appearance of so-called "side effects": heart palpitation, nausea, nervousness, skin rashes, dizziness, sleepiness, stupor, chills, and headaches. Their poison effects are more devastating than the "disease" they are supposed to "cure."

Throughout the entire body—in the skin, mucous membrane of the nose, mouth and eyes; joints, muscles, tendons and ligaments, and most organs and glands—there exist tiny, microscopic nerve-end receptors. These infinitesimal nerve receptors mediate, variably, sensations of pain, touch, pressure, heat and cold to the deeper-lying nerves and spinal cord of the body. Some of these sensations are transmitted to the brain for conscious perception. When we live incorrectly by indulging in wrong food habits, wrong thinking and getting insufficient sleep, fresh air and exercise, our bodies become depleted of nerve energy. This state of enervation leads to lowered metabolism and elimination of the wastes, and the tissues, bloodstream, organs and nerve-end receptors become toxemic. The latter may be "weak links" (susceptibility) in the body due to many factors. If this is so, the individual will become hypersensitive to all the triggering elements mentioned above and hay fever and asthma will be manifested. Thus, the basic cause of these derangements, as in all other disease states, is the mode of life pursued which leads to vital energy depletion with consequent toxemia formation. So-called heredity plays some part in these processes, where hay fever and asthma come down on one side of the family.

These families are likely to violate natural laws in the same manner from generation to generation. If the unhygienic living habits of the family were changed, the hypersensitivity or "allergy" would cease.

Most of these who have acquired this shortcoming began gathering these undesirable conditions unto themselves as children by their manner of living. This is not their fault but the fault of parents who stuff them with milk and devitalized products until they become catarrhal and "diseased" in other ways. They become so acidic that health is impossible; hypersensitivity is produced and causes hay fever and asthma.

When we live correctly, our bodies maintain a normal alkaline balance and we are free from all sickness. Wrong eating, wrong drinking and wrong living in all areas produce subnormal health.

Health is the characteristic of people who live according to nature's principles and who eat "good foods." The latter are foods which are very close to their natural state and not, as is the case with most of the food of civilized peoples today, the end products of a whole series of disruptive processes of refining and preserving. All these meddlings break up the foods and divorce them from their natural state and composition.

Abstention from all food (fasting) for several days has marked beneficial results with these "allergies." Improvement might be said to be extremely dramatic. Only ingestion of distilled water is permitted during this time. Following the fast, freshly-expressed fruit arid vegetable juices are given in minimal quantities for a few days, followed by a fresh, raw fruit, vegetable, nut and seed regimen. Fresh air is a necessary factor in returning vibrant health as well as is a correct mental attitude. By taking the mental attitude of healthfulness, one can often ward things off. But if one takes the attitude that a certain calamity is to befall, one mentally cooperates to bring it about. We have seen people apparently sick due to fear, worry and depression, and yet when the mind was diverted into constructive channels, they become happy and hopeful within a few minutes. The conditions were not changed; the thoughts of the sick person were re-routed.

It you or a loved one or a friend are victims of your transgressions and have developed hay fever or asthma, you can surely become free of these annoying and debilitating manifestations by ceasing your faulty living habits and adopting the principles of nature. Only in this manner will you gain efficiency, effectiveness and true happiness.

Article #2: Allergy by Dr. Herbert M. Shelton

The press of the country has recently been full of items and articles about what is called *allergy*, which is defined as an abnormal sensitivity to substances which are harmless to most people. Hay fever, asthma and hives are among the most common forms of suffering that are said to be due to allergy. Migraine headache is also classed as an allergic phenomenon.

The *American Weekly*, a Sunday magazine supplement of the Hearst papers, once carried a lengthy article on allergy.

We learn from this article that most microscopic fragments of a woman's hair, specks of skin, or powder and dandruff scales may cause cold symptoms, sneezing and other discomforts, and are told that cold water (as in cold bathing) can bring on allergic reactions.

The author of the article informs us that approximately one in ten of our population in the United States have hay fever or other allergic symptoms. Many of these people "have been suffering since early spring

from the pollen of successive plants which have come into bloom, such as the grasses, trees, and weeds. The peak of misery has come to them since the middle of August." In August, ragweed and cedar trees begin to shed their pollens.

The writer tells us that while the rich can get away to less pollen-infested regions, or install air-conditioning units with pollen filters in their homes and go "into virtual retirement during the annual hay fever season, most of the victims of hay fever have been tied to their jobs and to their everyday way of life and have sneezed and suffered and cursed their fate." Others, he reminds us "have tried the nose filters which cut down the amount of offending pollen inhaled at each living breath."

The article contains a brief outline of a fantastic and chimerical theory of the cast of allergy, which seems to be taken from a book, *Your Allergy and What To Do About It*, by Dr. Milion B. Cohen and his daughter, June Cohen.

Briefly stated, this theory is that the body manufactures antibodies to destroy germs and the toxins these produce, so once the body has discovered the ability to produce antibodies, it will supposedly react to any foreign substance—whether "dangerous living disease germs," or "substances that are inanimate and of themselves harmless"—by the production of antibodies, and thus make us sick. The article says:

> *Whatever the reason, it is unfortunate that in certain people some nonliving harmless things cause the cells of the body to release a substance which is poisonous. This kind of poisoning, resulting from the action of antibodies on harmless nonliving things, is called an allergic reaction*
>
> *In hay fever, the harmless thing attacked with ferocity by the body is the pollen of various plants, particularly ragweed*
>
> *What has been said about the development of immunity from a disease like typhoid fever applies in the development of an allergy, except that it is the second—rather than the first—exposure to the allergic material which creates the symptoms*
>
> *Let us go back to Mr. Smith again—or to you— and see what happens if it develops that you are allergic to eggs. You eat some eggs and absorb some of the protein called albumen into your bloodstream. This is a foreign protein. Ordinarily it would do nothing, for it is nonliving and will not grow and propagate itself*
>
> *However, the antibodies of the body against this foreign protein begin to be created. But, by the time they have been created, the albumen has disappeared and they have nothing to contend with. They are ready to fight but have no opponent*
>
> *When a dose of egg albumen is absorbed a second time, however, your cells are ready to act for they have attached to them the antibodies that attack egg albumen. Pouncing on their harmless foes, they produce poisons which cause the well-known allergic shock. This type of reaction can occur in anyone.*

In one of his syndicated articles, Dr. Irving S. Cutter says: "almost any plant along the roadside or in the woods may affect you or me." It seems man does not belong on earth. His whole environment seems to be opposed to him.

Now, "for the first time," says the article in the *American Weekly*, "science really knows what happens when you have 'allergies'." We are to understand that the above absurdities constitute this knowledge possessed by "science." There is no science about it—it is a mass of baseless speculation. No doubt this theory will stimulate the production of "cures" that do not cure, and the so-called victims of allergy will not be helped.

No plan of care based on the theory that hay fever, asthma, hives, migraine, eczema, etc., are allergic manifestations has ever provided more than a temporary and questionable palliation. Dr. Cohen is "barking up the wrong tree" if he imagines he has tracked down the cause of allergy (sensitivity). His speculations follow the well-known medical pattern and this pattern has always been barren of worthy results.

Sensitivity is not cause. It is but a link in a chain. Even assuming that his fanciful theory is correct, it must be recognized that the production of antibodies to fight harmless things is abnormal, and this abnormality is not causeless.

Let us quote again from the article in the American Weekly:

> *There is a famous case reported to the American Medical Association in which a husband went into a severe and real fit of coughing from asthma whenever his wife came near him. His physician reported: "His attacks are of the severe asthmatic type, which require epinephrine for relief, and this he must lake nightly if his wife is at home. For a few years, it has been impossible for them to sleep in the same bed at night. It has been suggested that the wife's hair might be the offending cause. Is this likely?"*
>
> *The A.M.A. suggested a continuation of skin tests for allergic and offending materials and said that several hundred materials ought to be studied as the possible cause. That was over a year ago. No report on the case has been brought to public attention since that time.*

How futile is this study of "several hundred materials" to find what the "offending" materials are. It has been repeated in thousands of cases and nothing more than evanescent and more often than otherwise, harmful palliation, has come from it.

It is more important to know what makes one sensitive than to know what he is sensitive to. Let us dismiss the nonsense with which Dr. and June Cohen have filled a book, and look for a minute at a case of hay fever.

Examining the case, we discover that the lining membrane of the nose is inflamed, hence very sensitive to irritation. It is inflammation that renders the membrane abnormally sensitive—that is, sensitive to the normal elements of man's environment.

Continuing with our investigation, we learn that the sufferer has chronic catarrh and had it, in fact, for several years before hay fever symptoms developed. We find that when the hay fever season is over and the symptoms characteristic of this trouble are no longer present, the sufferer *still* has catarrh. Frequent colds are suffered through the winter.

Carrying our investigation still deeper we find indigestion (gastritis) with constant fermentation and putrefaction in the digestive tract. The first development of acute gastritis came in infancy following a period of overeating, or following upon the heels of too much excitement or other enervating influences. Due to wrong care and imprudent feeding, gastritis became chronic, and frequent nose colds were followed by chronic nasal catarrh and, finally, hay fever.

The sufferer from asthma has followed practically the same line of pathological evolution except that frequent chest colds and bronchitis have finally developed into chronic bronchitis with the same inflammatory sensitization of the bronchial membranes that is seen in the nasal membrane in hay fever.

To get rid of asthma and hay fever, get rid of the chronic catarrh that forms their foundation. To get rid of the catarrh, remove its cause. Toxemia is its cause and toxemia has many causes.

Six years ago a resident of Brooklyn, New" York, who had spent five years in Arizona in a vain effort to cure asthma with the magic of climate, came to the Health School. After he had been here less than three weeks, his boy entered the solarium, where the man was having a sunbath. The boy was carrying a cat. The man took the cat in his hands and stroked it a few times then handed it back to the boy. He took a

deep breath and then, with a sigh of relief said, "Before I came here, if that cat had merely entered the room where I was, I would have had an attack of asthma."

How much better to get rid of the cause of sensitivity than to spend your whole life running from cats, dogs, horses, flowers and trees! Even if you can afford to air condition your home and put in special pollen filters, do you want to spend the rest of your life in the house? Or, do you want to wear a filter on your nose for the next ten to sixty years? Can you afford to leave your work or your business each "hay fever season" and go away to the mountains or to the sea.

Only the rich can afford most of these programs, and these, by palliating their symptoms and ignoring their causes, allow their whole bodies to give down before these causes. While the writer in the American Weekly assures us that "it is sheer fate which makes them (hay fever sufferers) suffer their tortures where normal people are completely well and untouched," we assert that abnormality has definite and ascertainable causes.

In 1918, I cared for my first patient with hay fever. It was summer in San Antonio and she was suffering with a severe form of hay fever. She had so suffered for several years prior thereto.

She made a speedy recovery right in her own home, with no attention given to pollens, cats, dogs," feather pillows, face powders or her husband's dandruff. She has remained free of hay fever to this day and has spent all these intervening years in San Antonio. All cases of bronchial asthma and hay fever may recover in the same permanent manner by overcoming their chronic toxemia. How do we know this? We know because we have seen it done in hundreds of cases, even in cases of asthma that had persisted for twenty years.

What about "egg allergy?" It is due to impaired digestion, or to eating beyond digestive capacity. The normal digestive tract, if not overloaded, will not permit any undigested egg protein to enter the bloodstream.

All proteins must be digested before they can be used by the body. After they are digested, they are transformed during their passage through the intestinal wall into human therefore no longer foreign) proteins. All proteins are foreign proteins and are poisonous if they get into the body without undergoing these digestive and transforming processes.

All serums are foreign proteins, and they can produce anaphylactic shock, which is just another name for serum poisoning or protein poisoning. The "allergic" symptoms produced by serums are worse than any ever produced by eggs that are eaten.

We do not consider eggs good human food and do not advocate their use, but we know that when toxemia is eliminated and nerve energy restored, so that digestion and metabolism are normal, former sensitivity to eggs ceases to annoy. To restore good health ends all the annoying symptoms arid reactions that are based on impaired health.

The normal man is adjusted to his natural environment. The normal elements in man's natural environment become sources of discomfort only after resistance has been broken down. When resistance is restored to normal, the former discomforts come to an immediate end.

Article #3: Why Suffer With Hay Fever? by Dr. Herbert M. Shelton

What we now call hay fever got its name, rose cold, nearly four centuries ago. In his commentary on

medical practice, Botallus, who was royal physician to the city of Asta, wrote:

"I know for a certainty of men, who at the smell of roses were seized with a loathing as against their chief enemy and that to such an extent to be subject to headaches or a sneezing fit or a running at the nostrils so that for two days it could not be stopped by rubbing."

In 1691, in Dr. J. Constantino de Rebecque's *Storehouse of Medicine of the Swiss or Treasury of Drugs and Most Choice and Rare Medical Observations* (Geneva), are these words:

> "I have thought it useful to relate the effects which roses have, on me. From my thirteenth year, at the rose-blooming time, each year, I am attacked by a running catarrh in which for many days a thin and sharp fluid flows from the nostrils, and the eyes are also affected so that tears are caused to flow. This state lasts as long as the rose season. When the rose season is over, this condition stops of itself. In the first year, I thought this was due not to roses but to the warm summer, but after more careful consideration of the affair I have found out that it is due solely to the roses."

"Rose cold" and "rose fever" are still used with reference to hay fever that develops in the spring, though it is now well-known that roses have nothing to do with the production of hay fever. Rose pollen is not an airborne pollen.

The strong and pleasant perfume of roses and related flowers suggests their attractiveness to insects and their dependence upon these, rather than upon the wind, to transport their pollens for purposes of cross-fertilization. In no part of the United States and other countries where such studies have been made, has the pollen of roses ever been found in the air. On the other hand, many of our cultivated varieties of roses are almost entirely devoid of pollen-bearing organs.

The pollens that irritate sensitive membranes in April, May, June and early July come from other flowers and from grasses that are abundant at this season. Blue grass (June grass), timothy and other such cultivated grasses shed their pollens at this time. Indeed, in most parts of the north temperate region, pollens from many plants are abundantly present in the air during rose-blossom time.

We have no intention of attempting to list all of the flowers, weeds, grasses and trees, the pollens of which are held responsible for hay fever. Ragweed, one of the most widely distributed of these, is, perhaps, best known to the average reader. Cedar trees in the fall and hundreds of other plants are held responsible for the development of hay fever.

These pollens are present in tie air of all who breathe— non-hay fever sufferers among mankind and the lower animals, as well as hay fever sufferers all around us. If they are the real cause of hay fever all who come in contact with them, including the animal world, should develop hay fever. The fact is that less than 10% of men and women have hay fever and no lower animals have it at all.

The systemic condition back of sensitized membranes and the sensitive membranes art present before the plants shed their pollens. With most hay fever sufferers, these conditions are present all the year round. They do not become conscious of the sensitivity of their membranes until these are brought into contact with outside irritants.

Pollens irritate sensitive membranes; they do not make the membranes sensitive. The real cause of hay fever is the cause that sensitizes the membranes. Until this cause is recognized, understood and dealt with intelligently, no permanent relief from hay fever is possible.

When this cause is understood, it may be removed and when it is removed, the hay fever ceases without attention being given to the theoretically-offending pollens. There is then no need to run away from pollens, to live in air-conditioned houses, to wear air filters on the nose, to seek to "immunize" sufferers with allergens, to destroy pollen-bearing plants or to do any of the other things the mad "scientists" have done and are doing.

Restore the hay fever sufferer to health, and he will live in the same environment with the rest of us and

react to its normal elements in a perfectly normal way. Healthy men and women do not suffer with hay fever. It should be known that when health is restored, previously sensitive membranes soon lose their sensitiveness. The problems presented by hay fever are simple and easily solved once the subject has been stripped of the mystery thrown around it by the mystery-mongering professionals. At the Health School hay fever does not last long.